



We hope this map will help you fully explore all that our beautiful area has to offer. Black Isle Tourism and Transition Black Isle have jointly created this fourth edition combining active travel information with details of local amenities and attractions.

It is our hope that by using this map you can feel more confident incorporating cycling, walking and public transport into your activities on the Black Isle, for a healthier, more sustainable future.



As a partner in the Highland Community Health Authority, TH is working with the community to reduce waste and consumption and increase reuse and repair.

Transition Black Isle (TBI) is part of the worldwide local food movement and we use our skills as leading food hub co-ordinators here in the Highlands to help change and dialogue to global resources. Activities include: encouraging organic, local, growing energy saving, reusing, repairing community members supporting local food producers as well as helping people to grow some of their own food to make their own compare.

www.transitionblackisle.org

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www.visitinverness.gov.uk
www.blackisletourism.org
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Dolphins & wildlife watching tips
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Cycling in the Black Isle
 Suggested routes:
 - on main / busy road
 - on minor / quiet road
 - on paved cycle / pedestrian path
 - on surfaced track or path
 National Cycle Network
 Extra care required
 Bike parking
 Bike shop
 Bike hire
 John / Greta's Trail

Community Cycle Routes around the Black Isle
 Recommended on-road route suitable for road bikes
 Routes with off-road sections suitable for hybrid bikes
 1 Cromarty to Culbokie 29km 90-120 min
 2 Cromarty to Rosmarkie 15km 50-80 min
 3 Rosmarkie to Aonach 16km 20-30 min
 4 Aonach to Muirtochy 11km 35-60 min
 5 Muirtochy to North Kessock 11km 35-55 min
 6 Culbokie to Canon Bridge 10km 25-40 min
 7 Canon Bridge to Dingwall 4km 12-20 min
 8 Culbokie to Muirtochy 10km 30-45 min
 9 Canon Bridge to Muir of Ord 9km 35-45 min
 10 Muir of Ord to North Kessock 14km 45-60 min
 11 North Kessock to Innesness 2km 15 min
 12 Aonach to Culbokie 13km 50-75 min
 13 Muirtochy to Muir of Ord 14km 45-75 min

Amenities and Visitor Attractions
 Railway / bus station
 Bus route / bus stop
 School
 Fuel / electric charge point
 Parking
 Toilets / disabled toilets
 Grocer shop / Post Office
 Community garden / market
 Visitor information
 Restaurant / cafe / pub
 Swimming Pool
 Camp / caravan site
 Dogpoo watching
 Bird watching
 Seal watching
 Walk
 Riding centre
 viewpoint
 Boat trips
 Golf
 Play park / picnic site
 Crafts / heritage / arts
 Courts / gallery / gifts
 Other place of interest

KNOW THE CODE BEFORE YOU GO
 Map Key
 Main road - dual
 Main road
 Secondary road
 Minor road
 Track
 Footpath
 Railway / station
 Woodland
 10m contour intervals
 Heights in metres
 300
 250
 200
 150
 100
 50
 0

Map Scale 1:65,000
 How long will it take?
 0 1 2 3 4 5 km
 0 1 2 3 mile

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